LifeSPAN Premium

# SPEED

# *USER'S MANUAL*

This is HIGH-POWER item; please DO NOT USE THE SAME OUTLET WITH OTHER HIGH-POWER HOUSEHOLD APPLIANCE like air-conditioning etc. Please choose an outlet exclusively for the machine and make sure the fuse is 10A.

1300 351 420

**Special tips:**

1. Before installation and operation, please read this operation manual carefully.
2. Please save this manual for future reference.
3. Product may vary slightly from the item pictured due to model upgrades

## ATTENTION

1、Before starting any exercise program, consult with your physician or health professional.

2、Check all the bolts locked.

3、Never put the treadmill in the wet areas ,.

4、We take no responsibility for any injuires due to above.

5、 Please use correct sporting shoes before using treadmill

6、Not recommend to do exercise within 40 minutes after meal.

7、To prevent injury , please warm up before exercise.

8、Consult with doctor before exercise if you have high blood pressure or any underlying conditions.

9、The treadmill is designed for adults use only.

10. Please Provide supervision for elderly, children and handicapped with good care, guidance.

11、Do not plug anything into any parts of this equipment,or it may cause damage to machine

12、Do not change power lead length or change the cable plug;do not put anything heavy on cable or put the cable near the heat source;do not use power board socket with multiple outlets ,these may cause over load .

13、 Turn off the power at wall outlet when the equipment is not in use. Do not pull on power lead to unplug always use the plug to remove from wall .

## IMPORTANT SAFETY PRECAUSTION

1. Plug the power cord of the treadmill directly into a dedicated grounded circuit carrying 10 amps.

**Grounding Instructions:**

This product must be grounded. If it has breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

2. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.

3. Position treadmill so that the wall plug is visible and accessible.

4. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.

5.Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.

6. Always unplug the power cord before remove the treadmill motor cover.

7. Keep small children away from the treadmill during operation.

8. Always hold the handrails when initially walking or running on the treadmill, until you are comfortable with the treadmill.

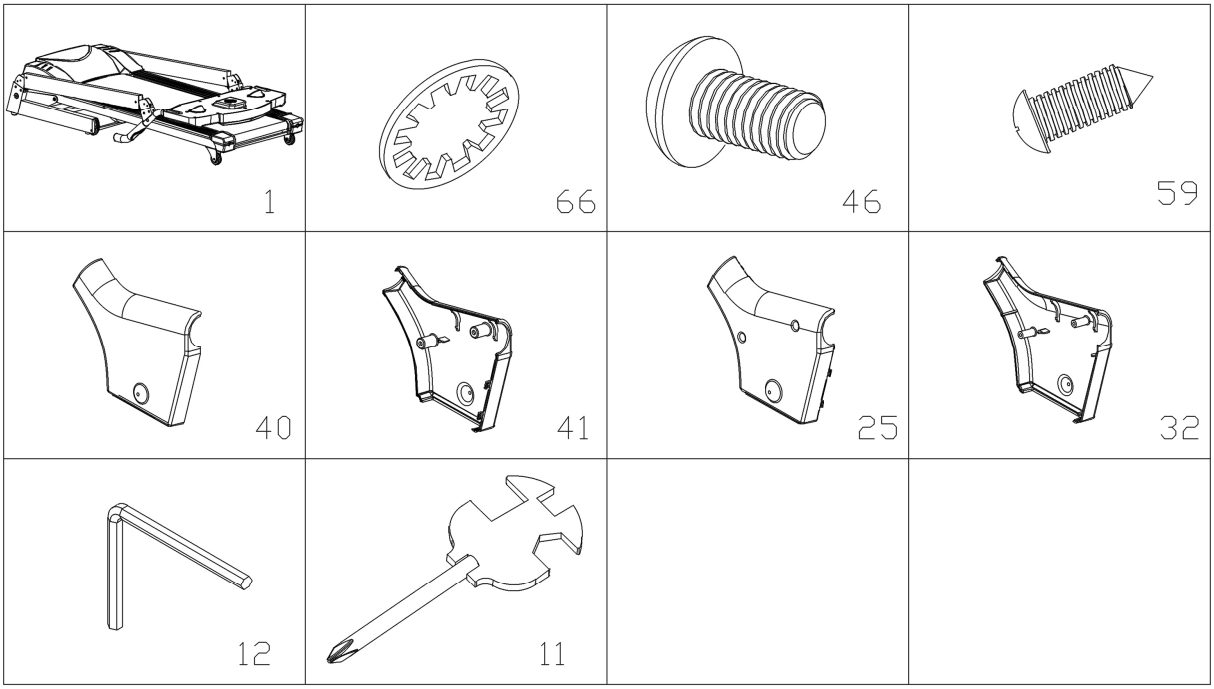
9. Always attach the safety key to your clothing when using the treadmill. If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.

10. When the treadmill is not being used, the power cord should be unplugged and the safety key removed.

11. Before starting any exercise program, consult with your physician or health professional. He or she can help establish the exercise frequency, intensity (target heart zone) and time appropriate for your particular age and condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP! Consult your physician before continuing.

# ASSEMBLY INSTRUCTIONS

**When you open the carton, you will find the below spare parts:**




## Spare parts list:

| NO. | DES. | Specification | Nos. | | NO. | DES. | specification | Nos. |
|---|---|---|---|---|---|---|---|---|
| 1 | main frame | | 1 | | 66 | Lock washer | 8 | 10 |
| 11 | lock washer | S=13、14、15 | 1 | | 12 | 5# Allen Wrench | 5mm | 1 |
| 46 | Bolt | M8*16 | 10 | | 59 | Screw | ST4.2*12 | 4 |
| 40 | Left handle bar cover L | | 1 | | 41 | Left handlebar cover R | | 1 |
| 25 | Right handle bar cover L | | 1 | | 32 | Right handlebar cover R | | 1 |

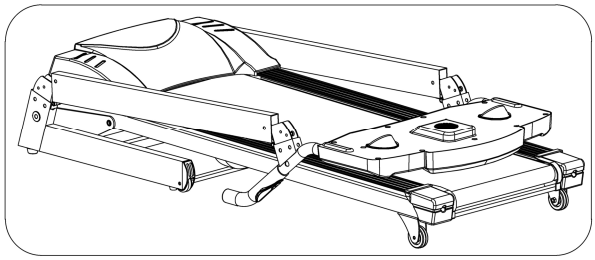
## FIXING TOOLS:

**5#ALLEN WRENCH 5mm 1pcs、**

**WRENCH W/SCREW DRIVER S=13、14、15 1pcs**

**Notice: Do not connect to power source before assembly is completed**

## ASSEMBLY STEP ONE：



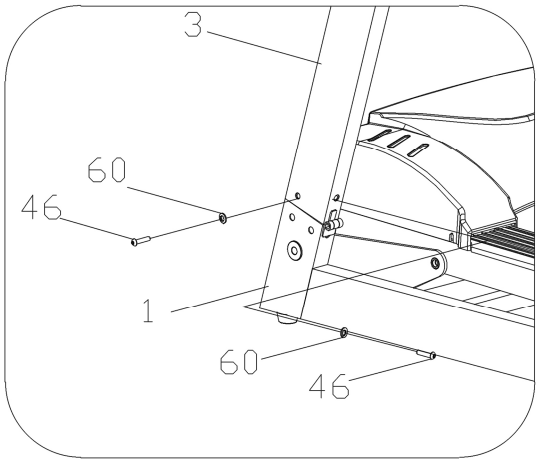
Open the carton，take out the above spare parts，put the MAIN FRAME on the ground.

## ASSEMBLY STEP TWO:

Pull up the display and upright as arrow direction.

Notice: When you pull up display, make sure the upright not press the wires in upright; keep touch the upright and display by hand, that they will not fall down escaping any hurt.

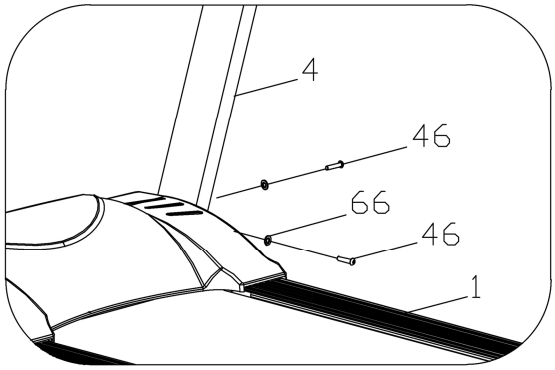
## ASSEMBLY STEP THREE:




Use the 5# allen wrench, drill through the bolt (46) to lock washer(66), then lock the Left upright (3) onto MAIN FRAME (1)

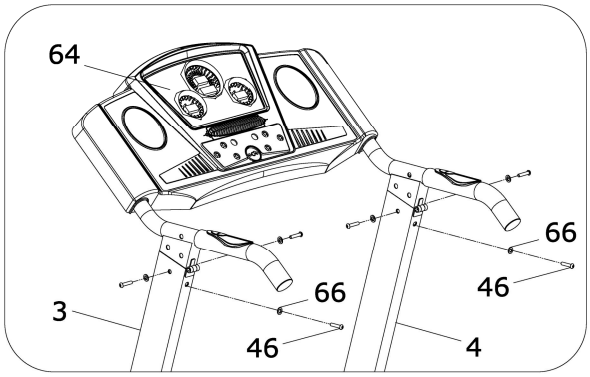
Notice: Support the Left upright with hand, avoid falling down to cause any hurt.

## ASSEMBLY STEP FOUR:




Use the 5# allen wrench, drill through the bolt (46) to lock washer(66), then lock the Right upright (4) onto MAIN FRAME (1)

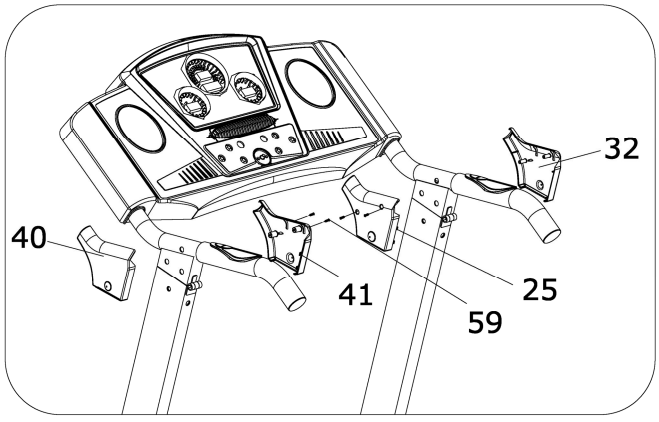
## ASSEMBLY STEP FIVE:




Use the 5# allen wrench, drill through the bolt (46) to lock washer(66), then lock the COMPUTER (64) onto R&L upright (3,4).

**ATTENTION：please make sure that assembly is completed as the required to above instructions and all bolts are tightened. Before you use the treadmill, please read the instruction carefully.**

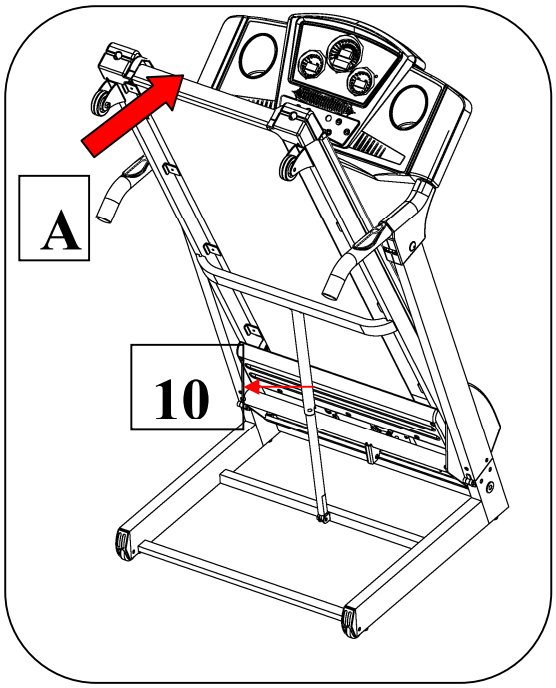
## ASSEMBLY STEP SIX:




With ST4.2*12 Screw(59), insert the upright cover（25、32、40、41） onto the L&R handle bar.

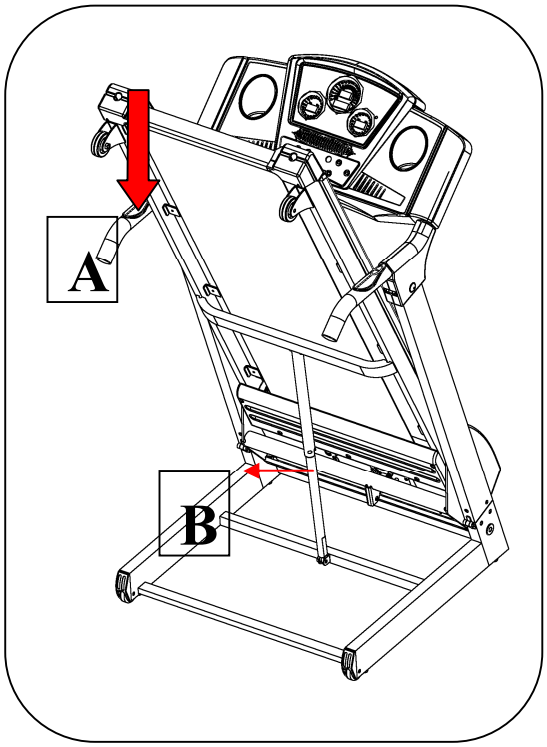
# FOLDING INSTRUCTION

## Pulling up:




Support place A with hand, then pull up following the arrow direction, till hearing the sound that the cylinder (10) is locked into the round tube

## Pulling down:



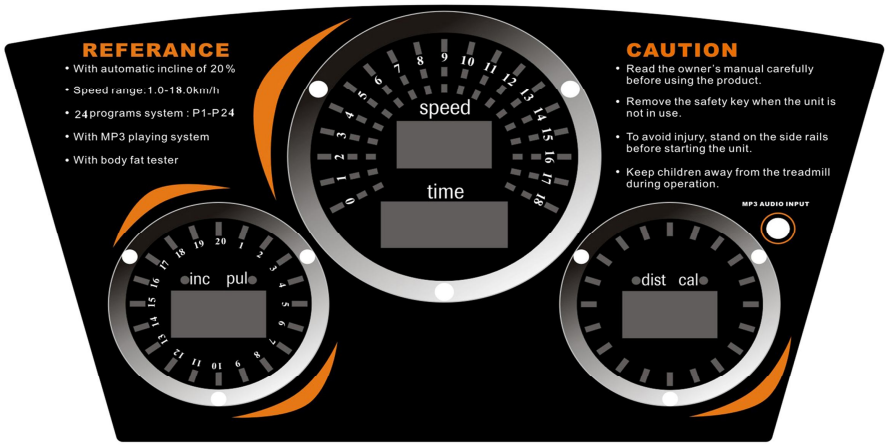

Support place A with hand , depress the place B of air pressure control bar, then the base frame will fall down automaticlly

# TECHNICAL PARAMETER

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

**DANGER** – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician. This product is for use on a nominal 240-volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Pleaase ensure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

# OPERATION GUIDE


REFERANCE
• With automatic incline of 20%
• Speed range:1.0-18.0km/h
• 24programs system : P1-P24
• With MP3 playing system
• With body fat tester
speed
time
inc pul
dist cal
CAUTION
• Read the owner's manual carefully before using the product.
• Remove the safety key when the unit is not in use.
• To avoid injury, stand on the side rails before starting the unit.
• Keep children away from the treadmill during operation.
MP3 AUDIO INPUT

**WINDOW DISPLAY:**

1.“SPEED” window:Display speed, show range: 1.0-18KM/h.

2.“INCL” window： Show the incline, the incline range is 0-20 level;

3、“TIME” window:Show the running time, count from 0:00 to 99:59. When up to 99:59, the machine will stop smoothly and show ‘END’ in the computer; When you set the time count down, it will count down from the setting data to 0, when down to 0:00, the machine will stop smoothly and show ‘END’ in the computer.

4、“DIS”window: Show running distance， count from 0.00 to 99.9, when up to 99.9, the machine will clear the data, and recount from 0; When you set the distance count down, it will count from the setting data to 0. when down to 0, the machine will stop smoothly and show ‘END’ in the computer, after 5 seconds, the machine will be in the default state.

5、“CAL /PULSE” window: Display runner calories and pulse. When show calories, count from 0 to 999, to 999 will spill over to clear 0; when calories count down, it will count down from setting data to 0, then the machine will stop smoothly and show ‘End’, enter the beginning state after 5 seconds. When runner grasps the hand pulse, it will test pulse after 5 seconds and show the data in window, the relevant direct light will show at the same time, pulse range is 40 to 200 hypo/min ( the data is just for reference, can not be as medicinal data.

**BUTTON FUNCTION:**

1. “PROGRAM” Button： When the treadmill is not running, press the button can circle choose and

set up the exercise time and program from “0：00” “ P1-------P5--------P10-------P15-------P24FAT”. Manual mode is the default program, the default speed in kilometer is 1KM/H. (0:00 is manual mode,pre-set program :P1-P25)

2. “MODE” Button：Press this button to choose circle modes: “0：00” “15：00”、“1.0”、“50” (“0：00” is manual model, “15：00” is the time count down, “1.0” is distance count down and “50” calorie count down); when you choose every mode,you can press the speed button and incline button to set count,after that ,press the START button to start this treadmill.

3．“START”button：when start the power and attach the magnet end of the safety pulling rope to the computer. Press the button at any time, it can start motor.

4. “STOP”button: press this button while running,it can stop motor and set program default;

5. “SPEED+”、“SPEED-” Button：set default count;to adjust speed when treadmill start,the scope is 0.1km/hypo in kilometer. Press the button more than 0.5 seconds,will be up or down duratively.

6. “INCLINE+”、“INCLINE-” Button: set the default incline; to adjust incline when treadmill start, the scope is 1 section;

7. Fan button：open or stop the fan .

## START-UP QUICKLY(MANUAL)

1. Open the power switch, attach the magnet end of the safety pulling rope to the computer.
2. Press STATR/STOP button，the system will enter into 3 seconds count down, the buzzer will make sound and the time window display count down, the speed will run 1.0km/hour after 3 seconds.
3. After start-up, you can use “SPEED+”、 “SPEED -” to adjust the speed up or down; use “INCLINE+”、“INCLINE -” to adjust the incline up or down.

## The operation of exercise process:

1. Press speed-down will reduce the running speed.
2. Press speed-up will increase the running speed.
3. Press incline down will reduce the incline section.
4. Press incline up will increase the incline section.
5. Press STOP will reduce until it stopped.
6. When the user hold the hand pulse by both hand, the computer will show the user’s pulse data after 5 seconds

## Manual mode:

1. If you do not make any setting and press START button directly, the treadmill will start to run from the speed 1.0km/h, incline 0. The other windows will start to count from positive direction from windows default, press “SPEED+”, “SPEED-” change the speed, press “INCLINE+”、“INCLINE -”to change the incline;

2. set up the Time, press “MODE” button to enter into time count down, the TIME window will display“15：00” and glittering. Press “SPEED+”, “SPEED-” , “INCLINE+”、 “INCLINE –“ to set up the time what you need. The setting range is 5:00-99:00.

3.In Time setting model, press “ MODE “ button to enter into distance count down, the DISTANCE window will display “1.0” and glittering. Press “SPEED+”, “SPEED-”, “INCLINE+”、 “INCLINE –“ to set up the distance what you need. The setting range is 0.5—99.9.

4、To set up the Calories, press “MODE” button to enter into calories count down, the CAL window will

display “50’ and glittering. Press “SPEED+”, “SPEED-” , “INCLINE+”、 “INCLINE –“ to set up the calories what you need. The setting range is 10-999.

5、When setting is finished, press “START” button to start up, the treadmill will run after 3 seconds, press “SPEED+”, “SPEED-”, “INCLINE+”、 “INCLINE –“ to adjust the speed and the incline; press the STOP, the treadmill will stop.

## Inner install program

Press “PROGRAM” button SPEED window will display P1-P24 to choose the program you like. Setting of running time, then the TIME window display glittering. Display the advance setting time10:00, press “SPEED+”, “SPEED-”, “INCLINE+”、 “INCLINE –“ to set up the exercise time what you need. Press “START” button to start the inner install program, the inner install program is divided into 10 sect. Each exercise time=the setting time/10. When the system enter into the next sect will make 3 sound “B—B—“ and the speed will be changed according to the setting program, then press “SPEED+”, “SPEED-”, “INCLINE+”、 “INCLINE –“ to change the SPEED and INCLINE, When the program enter next sect will come back to the current speed and incline, and run the one program, the system will make 3 sound “B—B—“ and change to the manual program automatically.

## Program exercise chart

Each program will divide into 10 grades for the exercise time and each time section has the speed and incline accordingly.

| Time / Mode | | TIME INTERVAL | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| P1 | SPEED | 2 | 4 | 3 | 4 | 3 | 5 | 4 | 2 | 5 | 3 |
| | INCLINE | 1 | 2 | 3 | 3 | 1 | 2 | 2 | 3 | 2 | 2 |
| P2 | SPEED | 2 | 5 | 4 | 6 | 4 | 6 | 4 | 2 | 4 | 2 |
| | INCLINE | 1 | 2 | 3 | 3 | 2 | 2 | 3 | 4 | 2 | 2 |
| P3 | SPEED | 2 | 5 | 4 | 5 | 4 | 5 | 4 | 2 | 3 | 2 |
| | INCLINE | 1 | 2 | 2 | 3 | 1 | 2 | 2 | 2 | 2 | 1 |
| P4 | SPEED | 3 | 6 | 7 | 5 | 8 | 5 | 9 | 6 | 4 | 3 |
| | INCLINE | 2 | 2 | 3 | 3 | 2 | 2 | 4 | 6 | 2 | 2 |
| P5 | SPEED | 3 | 6 | 7 | 5 | 8 | 6 | 7 | 6 | 4 | 3 |
| | INCLINE | 1 | 2 | 4 | 3 | 2 | 2 | 4 | 5 | 2 | 1 |
| P6 | SPEED | 2 | 8 | 6 | 4 | 5 | 9 | 7 | 5 | 4 | 3 |
| | INCLINE | 2 | 2 | 6 | 2 | 3 | 4 | 2 | 2 | 2 | 1 |
| P7 | SPEED | 2 | 6 | 7 | 4 | 4 | 7 | 4 | 2 | 4 | 2 |
| | INCLINE | 4 | 5 | 6 | 6 | 9 | 9 | 10 | 12 | 6 | 3 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| P8 | SPEED | 2 | 4 | 6 | 8 | 7 | 8 | 6 | 2 | 3 | 2 |
| | INCLINE | 3 | 5 | 4 | 4 | 3 | 4 | 4 | 3 | 3 | 2 |
| P9 | SPEED | 2 | 4 | 5 | 5 | 6 | 5 | 6 | 3 | 3 | 2 |
| | INCLINE | 3 | 5 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 2 |
| P10 | SPEED | 2 | 3 | 5 | 3 | 3 | 5 | 3 | 6 | 3 | 3 |
| | INCLINE | 4 | 4 | 3 | 6 | 7 | 8 | 8 | 6 | 3 | 3 |
| P11 | SPEED | 2 | 5 | 8 | 10 | 6 | 9 | 5 | 3 | 2 | 2 |
| | INCLINE | 1 | 3 | 5 | 8 | 10 | 7 | 6 | 3 | 2 | 3 |
| P12 | SPEED | 2 | 5 | 5 | 4 | 4 | 6 | 4 | 2 | 3 | 4 |
| | INCLINE | 3 | 5 | 6 | 7 | 12 | 9 | 11 | 11 | 6 | 3 |
| P13 | SPEED | 2 | 7 | 4 | 7 | 8 | 9 | 4 | 5 | 3 | 2 |
| | INCLINE | 5 | 6 | 6 | 4 | 6 | 5 | 8 | 9 | 4 | 2 |
| P14 | SPEED | 2 | 6 | 5 | 4 | 8 | 6 | 5 | 2 | 3 | 3 |
| | INCLINE | 5 | 6 | 5 | 8 | 4 | 5 | 5 | 10 | 6 | 3 |
| P15 | SPEED | 2 | 6 | 5 | 4 | 8 | 7 | 5 | 3 | 3 | 2 |
| | INCLINE | 3 | 4 | 5 | 6 | 3 | 5 | 5 | 6 | 4 | 3 |
| P16 | SPEED | 2 | 5 | 7 | 5 | 8 | 6 | 5 | 2 | 4 | 2 |
| | INCLINE | 1 | 5 | 6 | 8 | 12 | 9 | 10 | 9 | 5 | 3 |
| P17 | SPEED | 2 | 5 | 6 | 7 | 8 | 9 | 10 | 5 | 3 | 4 |
| | INCLINE | 3 | 5 | 6 | 8 | 6 | 5 | 8 | 7 | 5 | 3 |
| P18 | SPEED | 2 | 3 | 5 | 6 | 8 | 6 | 9 | 6 | 5 | 2 |
| | INCLINE | 5 | 7 | 5 | 8 | 6 | 5 | 9 | 10 | 6 | 2 |
| P19 | SPEED | 3 | 7 | 6 | 5 | 9 | 7 | 6 | 3 | 5 | 2 |
| | INCLINE | 3 | 5 | 6 | 8 | 5 | 6 | 5 | 12 | 8 | 3 |
| P20 | SPEED | 3 | 7 | 9 | 10 | 11 | 12 | 10 | 8 | 5 | 2 |
| | INCLINE | 2 | 5 | 6 | 7 | 6 | 5 | 8 | 6 | 3 | 2 |
| P21 | SPEED | 3 | 6 | 8 | 7 | 9 | 10 | 5 | 8 | 3 | 2 |
| | INCLINE | 3 | 6 | 8 | 9 | 9 | 6 | 8 | 10 | 6 | 3 |
| P22 | SPEED | 3 | 5 | 8 | 6 | 9 | 10 | 8 | 12 | 6 | 3 |
| | INCLINE | 2 | 6 | 8 | 10 | 12 | 10 | 12 | 8 | 5 | 2 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| P23 | SPEED | 3 | 5 | 9 | 11 | 12 | 8 | 6 | 5 | 3 | 2 |
| | INCLINE | 2 | 6 | 8 | 10 | 9 | 7 | 8 | 10 | 6 | 3 |
| P24 | SPEED | 3 | 8 | 10 | 11 | 12 | 10 | 10 | 8 | 5 | 3 |
| | INCLINE | 3 | 6 | 8 | 9 | 10 | 12 | 9 | 6 | 3 | 2 |

**Range of program**

| | PROGRAM | BEGIN | SET UP RANGE | DISPLAY RANGE |
|---|---|---|---|---|
| TIME(MIN:SECOND) | 0:00 | 15:00 | 5:00-99:00 | 0:00 – 99:59 |
| INCLINE(LEVEL) | 0 | 0 | 0-20 | 0-20 |
| SPEED(K/h) | 1.0 | 1.0 | 1.0-18 | 1.0-18 |
| DISTANCE(K) | 0 | 1.0 | 0.5-99.9 | 0.00 – 99.9 |
| PULSE(hypo/min) | P | N/A | N/A | 50-200 |
| CALORIE(THERM) | 0 | 50 | 10-999 | 0 – 999 |

**BODY TESTER:**

At the beginning state, press " PROGRAM" continuely entering FAT body fat tester, press " MODE " enter F-1、F-2、F-3、F-4、F-5 ( F-1 SEX, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT, F-5 FAT TESTER ), Press "SPEED+"、"SPEED -" to set F-1 – F4 ( refer to the following chart), after that, press " MODE" to set F-5, grasp the hand pulse, the window will display your body quality index after 3 seconds. The body quality index is to test the relation between height and weight. The body FAT suits for any male and female, to adjust the weight according it together with other body quality index. The idea FAT should be 20-25, if under 19, it means too thin. If between 25 and 29, it means overweight, if over 30, it means obesity. ( The data is just for reference, can not be as medicinal data)

| | | | |
|---|---|---|---|
| F-1 | Seg | 01 male | 02 female |
| F-2 | Age | 10------99 | |
| F-3 | Hight | 100----200 | |
| F-4 | Weight | 20-----150 | |
| F-5 | FAT | ≤19 | Underweight |
| | FAT | =(20---25) | Normalweight |
| | FAT | =(25---29) | Overweight |
| | FAT | ≥30 | Obesity |

## Safety lock function:

Pull out the safety pulling rope, then the treadmill will stop immediately. All the windows display"———", the buzzer will make 3 sound "B—B—",now the treadmill must be stop. Attach the magnet end of the safety pulling rope to the computer, the treadmill will be at the beginning of running.

## Save on power function:

The system is with saving on power function, at the state of waiting for operation, if without any operation, the saving on power function will be available after 10 mins, the display will be closed up.

You can press any button to turn on the display.

## MP3 function( Option, if have)

When the power is on, contacting the external MP3 equipment, the computer will play. The voice is adjustable from operate the external MP3 equipment, the voice should be adjusted on the proper section to protect the computer loudhailer.

### Close up:

Switch off the power: You can switch off the power to stop the treadmill, which won't be damaged at any time.

### Caution:

1. We recommend that you maintain a slow speed at the beginning of a session and hold on to the handrails until you become comfortable and familiar with the treadmill.
2. Attach the magnet end of the safety pulling rope to the computer and also attach the clip of the safety pulling rope to your clothing.
3. To end your workout safely, press the STOP button or pull out the safety pulling rope, then the treadmill will stop immediately.

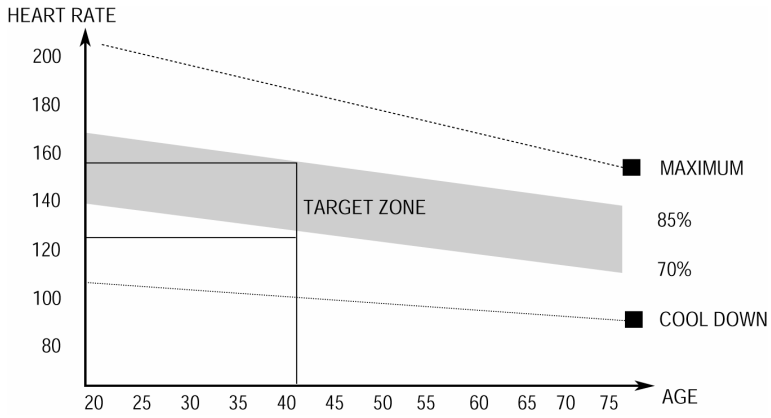
## EXERCISE INSTRUCTIONS

**1. The Warm Up Phase**

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held and count to approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP.**

**2. The Exercise Phase**

This is the stage where you put the effort in. After regular use , the muscles in your legs will become Stronger. Work to you but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.




This stage should last for a minimum of 12 minutes although most people start at about 15-20 minutes

**3. The Cool Down Phase**

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week

To tone muscle while on your treadmill you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

## Maintenance

Reasonable cleaning/lubricating should be made to extend the life time of this unit. Performance is maximized when the belt and mat are kept as clean as possible.

**WARNING: THE MAT/DECK FRICTION MAY PLAY A MAJOR ROLE IN THE FUNCTION AND LIFE OF YOUR TREADMILL AND THAT IS WHY WE RECOMMEND YOU CONSTANTLY LUBRICATE THIS FRICTION POINT TO PROLONG THE USEFUL LIFE OF YOUR TREADMILL. FAILING TO DO THIS MAY VOID YOUR WARRANTY.**

**WARNING: UNPLUG POWER CORD BEFORE MAINTENANCE.**

**WARNING: STOP TREADMILL BEFORE FOLDING.**

### Maintenance and servicing

***AFTER EACH USE (DAILY)***

Clean and inspect, following these steps:

• Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.

• Wipe down the running belt, deck, motor cover, and console casing with a damp cloth. Never use solvents, as they can cause damage to the treadmill.
• Inspect the power cord. If the power cord is damaged, contact Lifespan Fitness.
• Make sure the power cord is not underneath the treadmill or in any other area where it can become pinched or cut.
• Check the tension and alignment of the running belt. Make sure that the treadmill belt will not damage any other components on the treadmill by being misaligned.

***EVERY WEEK***

Clean underneath the treadmill, following these steps:
• Turn off the treadmill with the on/off switch, then unplugs the power cord at the wall outlet.
• Fold the treadmill into the upright position, making sure that the lock latch is secure.
• Move the treadmill to a remote location.
• Wipe or vacuum any dust particles or other objects that may have accumulated underneath the treadmill.
• Return the treadmill to its previous position.

***EVERY MONTH -IMPORTANT!***

• Inspect all assembly bolts of the machine for proper tightness.
• Turn off the treadmill with the on/off switch, then unplug the power cord and wait 60 seconds.
• Remove the motor cover. Wait until ALL LED lights turn off.
• Clean the motor and lower board area to eliminate any lint or dust particles that may have accumulated.
Failure to do so may result in premature failure of key electrical components.

***EVERY 6 MONTHS***

It may be necessary to lubricate your treadmill running deck at least once every six months to maintain optimal performance of your treadmill (refer to section 4.4 for information). Only use lubricant provided by Lifespan Fitness! Please contact Lifespan Fitness with questions about applying lubricant to your treadmill.
• Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.
• Loosen both the rear roller bolts. (For best results, place two removable marks on both sides of the frame and note roller position).Once the belt is loosened, take the bottle of lubricant and apply it to the entire top surface of the running deck. Tighten both rear roller bolts (matching up the marks for proper position) to original position. After you have applied lubricant, plug in the power cord, key, start the treadmill and walk on the belt for two minutes to spread the lubricant.

• Lubricate the air shocks with Teflon based spray.

***EVERY 2 YEARS***

It is necessary that you change your treadmill motor brushes once every 2 years to avoid damaging your motor. If you fail to change the brushes this may cause the motor to burn out, voiding any warranty.

**SERVICING: IF YOU FAIL TO COMPLY WITH LIFESPAN'S MAINTENANCE AND SERVICING STEPS ABOVE, YOU MAY VOID YOUR WARRANTY. IF YOU REQUIRE A SKILLED LIFESPAN REPRESENTATIVE TO UNDERTAKE ONE OF THE STEPS ABOVE, PLEASE EMAIL US AT lifespanfitness@hotmail.com.**

**General Cleaning**

- Use a soft, damp cloth to wipe the edge of the belt and the area between the belt edge and frame. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. This task should be done once a month. Allow to dry before using.
- On a monthly basis, vacuum underneath your treadmill to prevent dust build up. Once a year, you should remove the black motor shield and vacuum out dirt that may accumulate.

**General Care**

- Check parts for wear before use.
- Pay particular attention to the fixing knobs and make sure they are tight.
- Always replace the mat if worn and any other defective parts.
- If in doubt, do not use the treadmill and contact our helpline.

TAKE CARE TO PROTECT CARPETS AND FLOOR in case of leakages. This product is a machine that contains moving parts which have been greased / lubricated and could leak.

**Belt/Deck/Roller Lubrication**

The mat/deck friction may play a major role in the function and life of your treadmill and that is why we recommend you constantly lubricate this friction point to prolong the useful life of your treadmill.

Lubrication is provided with this unit. You should apply the enclosed lubrication after approximately the first 50 hours of operation. We recommend lubrication of the deck according to the following timetable:

- Light use (less that 3 hours per week) every 6 months
- Medium use (3-5 hours a week) every 3 months
- Heavy use (more than 5 hours per week) every 6-8 weeks.

See below procedures for lubricating:

1) Use a soft, dry cloth to wipe the area between the belt and deck.
2) Spread lubricant onto the inside surface of belt and deck evenly (make sure the machine is turned off and power is disconnected).
3) Periodically lubricate the front and rear rollers to keep them at there peak performance.

If the treadmill belt/deck/roller is kept reasonably clean, it is possible to expect over 1200 hours before additional re-lubing is necessary.

**How to check the running mat for proper lubrication**

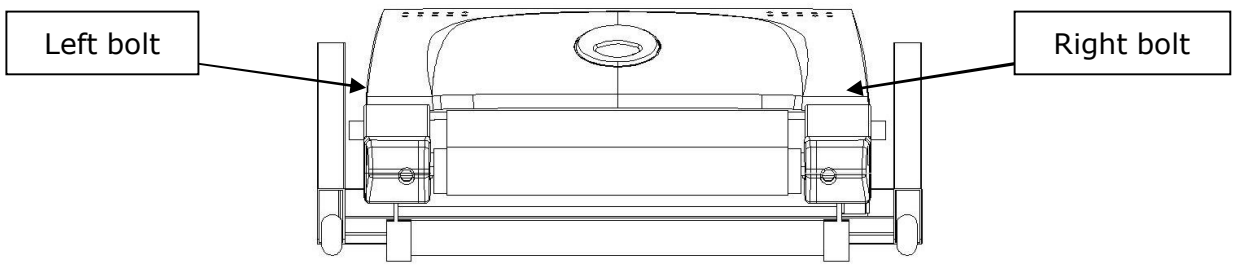
1) Disconnect the main power supply.
2) Fold the treadmill up into the storage position.
3) Feel the back surface of the running mat.

If the surface is slick when touched, then no further lubrication is needed.
If the surface is dry to the touch, apply a suitable silicone lubricant.

**We recommend you use a silicone based spray to lubricate your Lifespan Treadmill. This can be purchased from your local sports Retailer or a local hardware store.**

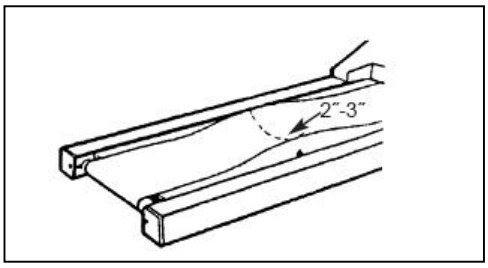
**Belt Adjustment**

Belt Tension Adjustment-It is very important for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the right and left rear roller in order to adjust tension with the Allen Key provided in the parts package. The adjustment bolt is located at the end of the rails as noted in diagram below:



Tighten the rear roller only enough to prevent slippage at the front roller. Turn both the right and left bolt clockwise one full turn and inspect for proper tension. When an adjustment is made to the belt tension, you must also make a tracking adjustment to compensate for the change in belt tension.
DO NOT OVER TIGHTEN - Over tightening will cause belt damage and premature bearing failure**.** This may also cause reduced motor performance and excessive roller wear.

**PLEASE NOTE:** When properly tightened, the sides of belt can be raised approximate 2-3 inches off the board.



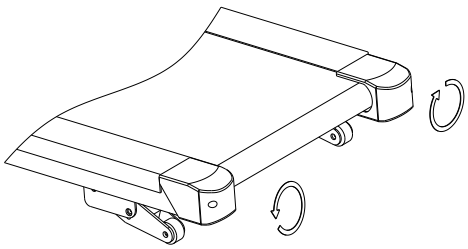

**Belt Tracking Adjustment**

This treadmill is designed to keep the belt reasonably centred while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the belt should have a tendency to centre itself. If during use, the belt continues to move toward one side, adjustments are necessary. The procedures are as below:

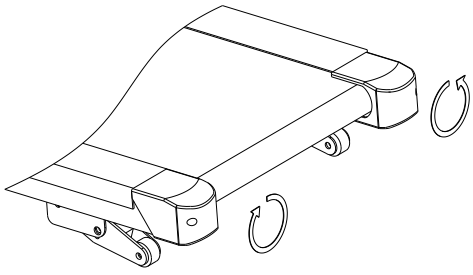
- ▲ First set speed at approximately 3.5km/h.
- ▲ Second check the belt shifts to which side.

If the belt shifts to right, tighten the right bolt and loosen the left bolt by using 6mm Allen Key, until the belt is centered itself; If belt shifts to left, tighten the left bolt and loosen the right bolt by using 6mm Allen Key, until the belt is centered. When adjusting the belt using the 6 mm Allen Key, it is important to adjust the belt in half turn increments. Over adjusting the belt can cause damage to the mat.

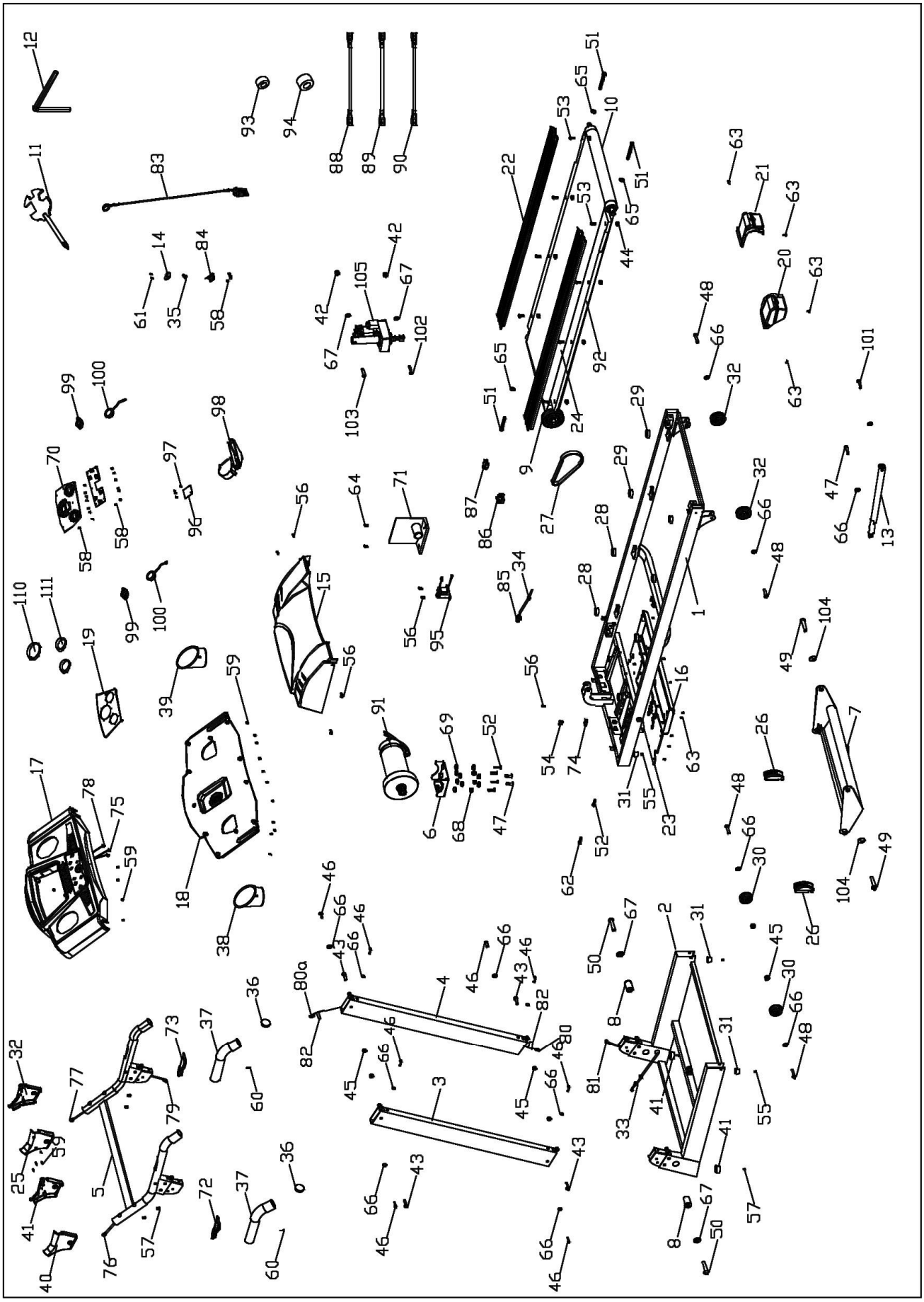
If the belts has drifted to the RIGHT



If the belts has drifted to the LEFT



## EXPLODED DRAWING



## PARTS LIST

| #. | DESCRIPTION | REMARK | QTY | #. | DESCRIPTION | REMARK | QTY |
|---|---|---|---|---|---|---|---|
| 1 | MAIN FRAME | | 1 | 38 | LEFT BOTTLE BRACKET | | 1 |
| 2 | BASE FRAME | | 1 | 39 | RIGHT BOTTLE BRACKET | | 1 |
| 3 | LEFT UPRIGHT | | 1 | 40 | LEFT HANDLEBAR COVER L | | 1 |
| 4 | RIGHT UPRIGHT | | 1 | 41 | LEFT HANDLEBAR COVER R | | 1 |
| 5 | COMPUTER BRACKET | | 1 | 42 | LOCK NUT | M10 | 2 |
| 6 | MOTOR BRACKET | | 1 | 43 | BOLT | M8*30 L15 | 4 |
| 7 | INCLINE MOTOR BRACKET | | 1 | 44 | LOCK NUT | M6 | 8 |
| 8 | TURNING BUSHING | | 2 | 45 | LOCK NUT | M8 | 8 |
| 9 | FRONT ROLLER | | 1 | 46 | BOLT | M8*16 | 10 |
| 10 | REAR ROLLER | | 1 | 47 | BOLT | M8*25 L15 | 3 |
| 11 | WRENCH W/SCREW DRIVER | S=13、14、15 | 1 | 48 | BOLT | M8*40 L20 | 4 |
| 12 | 5#ALLEN WRENCH | 5mm | 1 | 49 | BOLT | M10*20 | 2 |
| 13 | CYLINDER | | 1 | 50 | BOLT | M10*55 | 2 |
| 14 | SAFETY KEY IRON SLIP | | 1 | 51 | BOLT | M6*55 | 3 |
| 15 | MOTOR TOP COVER | | 1 | 52 | BOLT | M8*35 | 5 |
| 16 | MOTOR BOTTOM COVER | | 1 | 53 | BOLT | M6*35 | 8 |
| 17 | COMPUTER TOP COVER | | 1 | 54 | SCREW | ST2.9*8 | 2 |
| 18 | COMPUTER BOTTOM COVER | | 1 | 55 | BOLT | M5*16 | 6 |
| 19 | COMPUTER PANEL | | 1 | 56 | BOLT | M5*8 | 10 |
| 20 | LEFT BACK COVER | | 1 | 57 | BOLT | M6*16 | 4 |
| 21 | RIGHT BACK COVER | | 1 | 58 | SCREW | ST2.9*6.5 | 20 |
| 22 | SIDE RAIL | | 2 | 59 | SCREW | ST4.2*12 | 19 |
| 23 | BOTTOM COVER BOARD | | 1 | 60 | SCREW | ST4.0*25 | 2 |
| 24 | RUNNING BELT | | 1 | 61 | SCREW | ST2.9*8 | 2 |
| 25 | RIGHT HANDLEBAR COVER R | | 2 | 62 | BOLT | M8*30 | 1 |
| 26 | WHEEL COVER | | 2 | 63 | SCREW | ST4.2*12 | 18 |
| 27 | MOTOR BELT | | 1 | 64 | TRANSFORMER | | 1 |
| 28 | BLUE CUSHION PAD | | 4 | 65 | LOCK WASHER | 6 | 3 |
| 29 | BLACK CUSHION PAD | | 4 | 66 | LOCK WASHER | 8 | 18 |
| 30 | TRANSPORT WHEEL | | 2 | 67 | LOCK WASHER | 10 | 4 |
| 31 | FOOT PAD | | 4 | 68 | SPRING WASHER | 8 | 6 |
| 32 | ADJUSTABLE WHEEL | | 2 | 69 | FLAT WASHER | 8 | 6 |
| 33 | RING PROTECTING WIRE PLUG | | 2 | 70 | COMPUTER | | 1 |
| 34 | POWER WIRE BUCKLE | | 1 | 71 | CONTROL BOARD | | 1 |
| 35 | SAFETY KEY SPRING BALL | | 1 | 72 | PULSE WITH SWITCH | | 1 |
| 36 | INNER END CAP | | 2 | 73 | PULSE WITH SPEED | | 1 |
| 37 | FOAM | | 2 | 74 | MAGNETIC SENSOR | | 1 |

## PARTS LIST

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 75 | PULSE UP WIRE | | 1 | 111 | SMALLI RING | | 2 |
| 76 | PULE WITH SWITCH UP WIRE | | 1 | 112 | | | |
| 77 | PULSE SPEED UP WIRE | | 1 | 113 | | | |
| 78 | COMPUTER UP WIRE 1 | | 1 | 114 | | | |
| 79 | COMPUTER UP WIRE | | 1 | 115 | | | |
| 80 | COMPUTER MIDDLE WIRE | | 1 | 116 | | | |
| 81 | COMPUTER BOTTOM WIRE | | 1 | 117 | | | |
| 82 | LABEL | | 2 | 118 | | | |
| 83 | SAFETY KEY | | 1 | 119 | | | |
| 84 | SWITCH BOARD | | 1 | 120 | | | |
| 85 | POWER WIRE | | 1 | 121 | | | |
| 86 | SQUARE SWITCH | | 1 | 122 | | | |
| 87 | OVERLOAD PROTECTER | | 1 | 123 | | | |
| 88 | AC SINGLE LINE | BROWN 150 | 1 | 124 | | | |
| 89 | AC SINGLE LINE | BLUE 150 | 1 | 125 | | | |
| 90 | AC SINGLE LINE | BROWN 150 | 1 | 126 | | | |
| 91 | DC MOTOR | | 1 | 127 | | | |
| 92 | RUNNING BOARD | | 1 | 128 | | | |
| 93 | MAGNETIC CORE | | 1 | 129 | | | |
| 94 | MAGNETIC RING | | 1 | 130 | | | |
| 95 | FLAT WASHER | 10 | 2 | 131 | | | |
| 96 | INCLINE MOTOR | | 1 | 132 | | | |
| 97 | BOLT | M10*30 L15 | 1 | 133 | | | |
| 98 | BOLT | M10*50 L15 | 1 | 134 | | | |
| 99 | SPEAKER PLASTIC BOARD | | 2 | 135 | | | |
| 100 | SPEAKER | | 2 | 136 | | | |
| 101 | AMPLIFIER BOARD | | 1 | 137 | | | |
| 102 | SCREW | ST4.2*12 | 4 | 138 | | | |
| 103 | SCREW | ST2.9*6.5 | 4 | 139 | | | |
| 104 | MP3 CONNECT WIRE | | 1 | 140 | | | |
| 105 | FAN | | 1 | 141 | | | |
| 106 | SCREW | ST3.5*40 | 2 | 142 | | | |
| 107 | SCREW | ST4.2*12 | 2 | 143 | | | |
| 108 | FILTER | | 1 | 144 | | | |
| 109 | BOLT | M4*8 | 4 | 145 | | | |
| 110 | BIG RING | | 1 | 146 | | | |

## TROUBLESHOOTING GUIDE

1、Probable reason for computer not workable after power start: The wire from computer to bottom control board didn't connected well or the transformer was burnt out. Check the each wire from computer to control board, make sure they are connected well. If the wire is destroyed , change it. If the above can not settle the problem, try to change a good transformer.

2、E01: Message failure. Probable reason: The wires from computer and bottom control board did not connect well, please check each wire. If the wire was destroyed, change a good one.

3、E02: Burst clash. Check the power is right, if not, use correct power to test; Check if the bottom control was burnt out, change a good one; reconnect the motor wire.

4、E03: No sensor signal. Sensor wire badness, change good wire; It is no use for the motor magnetic, change the magnetic or reset the magnetic;

5.E04: Incline learning defeated, Check VR wire of incline motor whether connect well. If not, reconnect VR to make it firm; Check AC wire of motor whether connect well, and AC wire of motor whether insert well with correct sign of control board; Check connection line of motor whether is destroyed, exchange it or incline motor. And press "learning" botton of bottom control board to relearn after checked everything is well.

6、E05: Current overload protecting. Over rated loaded or the motor is stuck, cause excessive current, machine will start self-protecting system. Adjust the machine and restart; Check if the motor has noise from motor or if the motor / bottom control board were burnt out, if burnt out, change good motor and bottom control; Use right voltage.

7、If the motor can not work after pressing START button, the probable reason: the motor wire is broken; the safety pipe is broken or fell; motor wire is not conneted well; IGBT on bottom control board is burnt out. Test the above reasons and change the relevant part.

## Warranty

Please visit the following link to complete the product warranty form online. Please visit http://warrantyform.lifespanfitness.com.au/

**PLEASE NOTE: YOUR WARRANTY IS ONLY VALID IF YOU CAN PROVE YOU ARE THE ORIGINAL PURCHASER ON THIS ITEM (i.e. A copy of the receipt, invoice, delivery date or internet confirmation).**